

Urbana Senior Center

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www.FrederickCountyMD.gov/aging

November Program Highlights

Breakfast for Lunch with Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "Can I really be an organ donor at my age: An explanation of the organ donations program and why donations are important."

Date: Thursday, November 5

Sign-up by Tuesday, November 3

Time: Noon

Cost: \$4.68 (Regular meal cost)

Thanksgiving Luncheon

Celebrate Thanksgiving at the senior center! Menu includes: fruit cocktail, carved turkey breast, stuffing, mashed potatoes, sauerkraut, green beans, cranberry sauce & pumpkin pie

Date: Tuesday, November 24

Sign-up by Monday, November 16

Time: Noon

Cost: \$4.68 (Regular meal cost)

Artful Creations

Create unique and fun art work! This month we'll create autumn leaf art!

Date: Wednesday, November 18

(Register at least 5 days before start)

Time: 1:00 p.m. **Cost:** \$5.00

Stitching Post

Come knit, crochet, or just talk. Members of this informal group help each other with projects, patterns, and learning new skills. We even have a variety of yarn for your projects!

Date: Mondays

Time: 10:00 a.m.-Noon **Cost:** Free

Date: Tuesdays

Time: 1:00-3:30 p.m. **Cost:** Free

The Inside Scoop: Education & Ice Cream Diabetes 101

Learn ways to manage your diabetes. This is good information for everyone who wants to live a healthier life. This program is presented by Tyree Morrison, Nurse Practitioner and Diabetes Educator.

Date: Tuesday, November 17

Time: 6:00 p.m. **Cost:** Free

Morning Exercise

Come exercise with us! These videos are made especially for seniors. Videos may include stretching, strength, balance, mobility and cardio exercises. Bring a light pair of weights for Tuesday exercise.

Date: Mondays: Mobility/Stamina (30 min)

Tuesdays: Strength/Balance (50 min)

Wednesdays: Stretching (45 min)

Thursdays: Variety (30-50 min)

Time: 10:45 a.m.

Cost: Free, video exercise, no instructor

Music/Dance/Karaoke Night

Get your foot tapping, break out in song, and let loose! The dance floor is open!

Date: Tuesday, November 3

Time: 6:00 p.m. **Cost:** Free

Color This!

Coloring for grownups! It's meditative and relaxing. Coloring requires you to be in the moment and put your worries aside. However, the health benefits go beyond relaxation, and include exercising your fine motor skills and training your brain to focus.

Date: Thursdays

Time: 9:30-10:30 a.m.

Cost: Donation of a coloring book or markers

(see other side for calendar of activities)